



## **Carson Pool - Swim Lessons and Competitive Teams**

### **204098 - Carson Pool-Sea Babies**

Adult accompaniment required. Instructor lead program to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. It is important to understand that Sea Babies is not designed to teach children how to become good swimmers or even be able to survive in the water on their own. Great experiences and fun activities are provided to teach infants and young children to enter and exit the water safely, feel comfortable in the water, submerge and explore breath control, explore floating on back and front, change body position in the water, play safely in the water. CHILD MUST WEAR A SWIM DIAPER. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Parent/Child Level 1.

	<b>Ages</b>	<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204098-11	.5 1.6	06/01/2010 First week meets Tues-Fri.	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204098-13	.5 1.6	06/01/2010 First week meets Tues-Fri.	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204098-21	.5 1.6	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204098-23	.5 1.6	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204098-31	.5 1.6	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204098-33	.5 1.6	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204098-41	.5 1.6	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12

### **204104 - Carson Pool-Sea Toddlers**

Adult accompaniment required. Instructor lead program to introduce swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines and the familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all while teaching them basic aquatic skills. Fun activities will be provided to allow your child to: build in the skills from Sea Babies and: learn more ways to enter and exit the water safely, submerge in a rhythmic pattern, glide on the front and back with assistance, begin to perform freestyle and backstroke and changing body position in the water. CHILD SHOULD WEAR A SWIM DIAPER. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Parent/Child Level 2.

	<b>Ages</b>	<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204104-12	1.58 3	06/01/2010 First week class meets Tues-Fri.	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12

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204104-14	1.58	3	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204104-22	1.58	3	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204104-24	1.58	3	06/14/2010	06/24/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204104-32	1.58	3	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204104-34	1.58	3	06/28/2010	07/08/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204104-42	1.58	3	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204104-43	1.58	3	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204104-44	1.58	3	07/12/2010	07/22/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12

### 204107 - Carson Pool-Sea Sprites

In Sea Sprites our instructors follow a plan to introduce new swimming and water safety skills that are appropriate for young children. Sea Sprites puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Sea Sprites include: enter and exit the water independently, bobbing, open eyes under water to retrieve objects, front and back floats and glides and recovery, roll from front to back and back to front, tread water, beginning freestyle and backstroke. If child is not 100% potty trained they must wear a swim diaper.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Preschool Aquatics Level 1 & 2.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204107-10	3	4.99	06/01/2010	06/10/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204107-11	3	4.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204107-12	3	4.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204107-13	3	4.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204107-14	3	4.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204107-20	3	4.99	06/14/2010	06/24/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-21	3	4.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	18
204107-22	3	4.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-23	3	4.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-24	3	4.99	06/14/2010	06/24/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-30	3	4.99	06/28/2010	07/08/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-31	3	4.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-32	3	4.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-33	3	4.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-34	3	4.99	06/28/2010	07/08/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-40	3	4.99	07/12/2010	07/22/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-41	3	4.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-42	3	4.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12

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204107-43	3	4.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204107-44	3	4.99	07/12/2010	07/22/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12

### 204117 - Carson Pool-Sea Otters

Otters class helps participants feel comfort in the water. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. In Sea Otters your child will be introduced to basic skills as a foundation to the future. Certain milestones are necessary for successful completion of Sea Otters including: Entering and exiting the water independently, traveling at least 5 yards, bobbing, gliding for at least 2 body lengths, rolling to a back float for 3 seconds and recovery. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 1.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204117-10	4	18.99	06/01/2010	06/10/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204117-11	4	18.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204117-12	4	18.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204117-13	4	18.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204117-14	4	18.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204117-20	4	18.99	06/14/2010	06/24/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-21	4	18.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-22	4	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-23	4	18.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-24	4	18.99	06/14/2010	06/24/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-30	4	18.99	06/28/2010	07/08/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-31	4	18.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-32	4	18.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-33	4	18.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-34	4	18.99	06/28/2010	07/08/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-40	4	18.99	07/12/2010	07/22/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-41	4	18.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-42	4	18.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-43	4	18.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204117-44	4	18.99	07/12/2010	07/22/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12

### 204120 - Carson Pool-Sea Horses

Sea Horse class gives participants success with fundamental skills. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the components taught and improved in Sea Horses are: Entering the water by jumping in at the side, fully submerging and holding breath, bobbing, opening eyes under water to recover submerged objects, front and back floats,

City of Mesa Parks, Recreation and Commercial Facilities – **2010 Summer Activities Listing** – revised 5/20/2010 11:56 AM

recover to a vertical position, changing direction while swimming on front and back, freestyle and backstroke. Adjustment to deep water is also covered. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
204120-10	5	18.99	06/01/2010	06/10/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204120-11	5	18.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204120-12	5	18.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204120-13	5	18.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204120-14	5	18.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
204120-20	5	18.99	06/14/2010	06/24/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-21	5	18.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-22	5	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-23	5	18.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-24	5	18.99	06/14/2010	06/24/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-30	5	18.99	06/28/2010	07/08/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	3	6
204120-31	5	18.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-32	5	18.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-33	5	18.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-34	5	18.99	06/28/2010	07/08/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-40	5	18.99	07/12/2010	07/22/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	3	6
204120-41	5	18.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-42	5	18.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-43	5	18.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204120-44	5	18.99	07/12/2010	07/22/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12

## 204125 - Carson Pool-Sea Stars

Sea Stars is a stroke development class and builds on the skills from Sea Horses through additional guided practice in deeper water. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Skills performed in this class include: jumping into deep water from the side, swimming the freestyle and backstroke for 15 yards, treading or floating for 30 seconds, breaststroke and dolphin kicks and beginning diving skills are introduced in this class. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 3.

	<b>Ages</b>	<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204125-11	6 First week class meets Tues-Fri.	18.99 06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	6
204125-12	6 First week class meets Tues-Fri.	18.99 06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	6

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204125-13	6	18.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	6
First week class meets Tues-Fri.											
204125-14	6	18.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	4	6
First week class meets Tues-Fri.											
204125-21	6	18.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-22	6	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-23	6	18.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-24	6	18.99	06/14/2010	06/24/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-30	6	18.99	06/28/2010	07/08/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	3	6
204125-31	6	18.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-32	6	18.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-33	6	18.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-34	6	18.99	06/28/2010	07/08/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-40	6	18.99	07/12/2010	07/22/2010	MTuWTh	9:25 AM	9:55 AM	Carson Junior High Pool	\$21.00/\$25.00	3	6
204125-41	6	18.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-42	6	18.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	6	12
204125-43	6	18.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	6
204125-44	6	18.99	07/12/2010	07/22/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	6	12

## 204130 - Carson Pool-Swim Stars

In the Swim Stars class participants develop confidence and improve upon the skills previously learned. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim better. Some of the milestones of the Swim Stars class are: headfirst entries, swimming under water, swimming the freestyle for 25 yards, swimming the elementary backstroke for 25 yards, improvement in backstroke, breaststroke and butterfly while learning open turns on back and front. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This program is comparable to the American Red Cross Learn to Swim Level 4.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
204130-11	6	15.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
204130-12	6	15.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
204130-13	6	15.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
204130-14	6	15.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
204130-21	6	15.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204130-22	6	15.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204130-23	6	15.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204130-24	6	15.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204130-31	6	15.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204130-32	6	15.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8

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204130-33	6	15.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204130-34	6	15.99	06/28/2010	07/08/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204130-41	6	15.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	3	6
204130-42	6	15.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	3	6
204130-43	6	15.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	3	6
204130-44	6	15.99	07/12/2010	07/22/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	3	6

### 204135 - Carson Pool-Stroke Stars

In Stroke Stars class our instructors follow a plan to introduce new swimming skills and to build on ones previously learned. The expectations are higher for participants now in regards to distance and quality. Each class is loaded with engaging and challenging activities and drills to build endurance and improve technique, as well as improve fitness level. More advanced racing starts are introduced and competitive strokes will be improved to prepare students for competitive swimming experiences.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 5 & 6.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204135-11	8	16.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
	First week class meets Tues-Fri.										
204135-13	8	16.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
	First week class meets Tues-Fri.										
204135-21	8	16.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204135-22	8	16.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204135-23	8	16.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204135-31	8	16.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204135-32	8	16.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204135-41	8	16.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	3	6
204135-43	8	16.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	3	6

### 204160 - Carson-Beg. Diving Lessons

In this class the foundations of proper springboard diving are taught. Safety, diving board approach and hurdle, water entry and basic competitive dives are covered. Participants must be 6 years of age and must be able to swim comfortably in deep water for enrollment.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204160-11	6	18.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:35 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
	First week class meets Tues-Fri.										
204160-12	6	18.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
	First week class meets Tues-Fri.										
204160-14	6	18.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	4	8
	First week class meets Tues-Fri.										
204160-21	6	18.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:35 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204160-22	6	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204160-24	6	18.99	06/14/2010	06/24/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	4	8

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204160-31	6	18.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:35 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204160-33	6	18.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204160-34	6	18.99	06/28/2010	07/08/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204160-41	6	18.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204160-43	6	18.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8

### 204165 - Carson-Inter. Diving Lessons

In intermediate diving our instructors follow a plan to introduce new diving skills and build on ones previously learned. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204165-13	6	18.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
204165-23	6	18.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204165-32	6	18.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204165-42	6	18.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
204165-44	6	18.99	07/12/2010	07/22/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	4	8

### 204170 - Carson Pool-Synchronized Swm

Synchronized Swimming class is designed to introduce the sport of synchronized swimming to the newcomer and build on previously learned skills for those with a little more experience. Instructors lead each class with fun drills and to improve swimming ability and agility for synchro figures. Mini routines and routine evaluation and improvement may be a part of the session. Participants must be at least 6 years of age and very comfortable swimming in deep water. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204170-22	6	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8

### 204215 - Carson Pool-Adult Lessons

This class is for teens and adults who never quite had a chance to learn the basics of swimming as a youngster. Our patient and knowledgeable instructors are happy to work with you to help you gain the confidence to be able to swim and enjoy the water they way you have always wanted to. Skills taught in this class mimic the younger learn-to-swim classes but in a setting where you can be comfortable. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
204215-12	12	99.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	6
First week class meets Tues-Fri.											
204215-14	12	99.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Carson Junior High Pool	\$21.00/\$25.00	4	6
First week class meets Tues-Fri.											
204215-21	12	99.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	6
204215-23	12	99.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	6
204215-31	12	99.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	6
204215-33	12	99.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Carson Junior High Pool	\$21.00/\$25.00	4	6
204215-41	12	99.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8

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204215-42	12	99.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Carson Junior High Pool	\$21.00/\$25.00	4	8
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### 204300 - Carson Pool-Swim/Lifesaving

Swimming and Lifesaving class opens the door to a variety of specialized aquatics activities that can lead to a whole new set of water safety and learning skills. Skills taught include: water hazard recognition, accident prevention and effective response for water related emergencies. This class meets the requirements for Boy Scouts of America Swimming and Lifesaving merit badges. Class is one hour long. If participants want to get merit badge credit, they should bring BSA blue merit badge pass off cards with them to class. \$5 non-refundable fee for all program cancellations. For additional program information, please call 480-644-4950.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
204300-22	10	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:10 AM	Carson Junior High Pool	\$42.00/\$50.00	4	8
204300-32	10	18.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:40 AM	Carson Junior High Pool	\$42.00/\$50.00	4	8
204300-42	10	18.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	12:15 PM	Carson Junior High Pool	\$42.00/\$50.00	4	8

### 204303 - Carson - Lifeguard Training

This course is designed to teach lifeguarding responsibilities and rescue skills, to certify participants for potential employment. Class includes CPR/AED for the Professional Lifeguard certification. Class size is limited to 10 participants and is taught Monday-Friday. Course pre-requisite skills tested on the first day: 1. Swim 300 yards continuously using freestyle and backstroke. 2. Swim 20 yards, surface dive to a depth of 10 feet and retrieve a 10 pound object, return to the surface and swim 20 yards back to the starting point with the object in both hands (head out of water), and climb out of the pool without using the steps of ladder in under 1 minute 40 seconds. Come prepared to swim on the first day. Participants must be 15 years or older by the last day of class. Proof of age required first class day, bring ID or birth certificate on the first day. NO REFUNDS FOR THIS CLASS. ALL REGISTRATIONS ARE FINAL.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
204303-11	15	99.99	06/01/2010	06/10/2010	MTuWThF	9:00 AM	12:00 PM	Carson Junior High Pool	\$125.00	5	10

### 204305 - Carson Pool - Guard Start

Guard Start is a service learning approved volunteer program for teens interested in work experience in preparation for a lifeguarding job. Participants will be given instruction in: assisting with swimming lessons, event leadership, pool safety, emergency response, and professionalism. After this one week class, participants are asked to volunteer a minimum of 30 hours at the pool over the next 2 months. Volunteers are able to give of their time in various programs and events and will be supervised by facility management. Participants must be able to swim 200 yards continuously, tread water for 60 seconds and surface dive and swim under water for a minimum 10 yards. For ages 13-15. \$5 non-refundable fee for all program cancellations. For additional information about this program contact Mark Foote - 480-644-4951 / [mark.foote@mesaaz.gov](mailto:mark.foote@mesaaz.gov)

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
204305-11	13	16.99	06/01/2010	06/04/2010	TuWThF	10:00 AM	12:15 PM	Carson Junior High Pool	\$35.00	5	9
Class on Friday, June 4.											
204305-12	13	16.99	06/07/2010	06/10/2010	MTuWTh	10:00 AM	12:15 PM	Carson Junior High Pool	\$35.00	5	9
Class on Friday, June 4.											

### 204308 - Veteran Guard Start-Carson

This program is ONLY for participants who completed the Summer 2009 Guard Start Program with the City of Mesa. First day of class is Wednesday, June 2. Remember to bring your availability and vacation requests at this time. Remainder of class dates and times will be determined the first day of class, and will be determined by pool management staff. Participants may be called prior to June 2, by a manager to begin service hours early. \$5 non-refundable fee for all program cancellations and transfers. For additional information please call 480-644-4951.



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	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
204308-11	13	16.99	06/02/2010	07/30/2010	W	9:00 AM	10:00 AM	Carson Junior High Pool	\$20.00	6	12

## 204401 - Carson Pool - Swim Team

Summer recreation swim team provides a fun environment for your child to learn and improve stroke technique, increase fitness, and socialize in a positive team setting. This interactive 6-8 week program offers 1 hour practices 4 days a week. A weekly competition among other City teams provides an opportunity for interaction with others and is a great event for the whole family. The season closes in tournament style with qualifying and league championship meets. These meets bring participants from all over the City together for a competition and awards are provided. Competitive Ruling: Any athlete participating in any USA sanctioned, YMCA, country club, or any other organized competitive program after March 31, 2010 will not be eligible for the 2010 City summer recreational team programs. If you have questions about participation please call Aimee Manis at 480-644-4950 or Lynn Adkins at 480-644-4226. Between April 19 and May 12, 2010, registration for aquatic team membership will only be permitted to those families who reside in the MPS boundary for that Jr. High. Starting May 13, 2010 registration for aquatic teams will be open to anyone. On-site aquatic team registration will begin May 29 during public swimming hours at each facility. Full refund if cancellation made by 5pm on June 3, 50% refund if cancellation made by 5pm on June 10, After June 10 no refunds. Team suits are available and can be purchased at East Valley Sports located at 6306 E Main St 480-832-8172, or Ski Pro located at 1924 W. 8th St. 480-962-6910.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
204401-11	11	17.99	06/01/2010	07/23/2010	MTuWTh	7:00 AM	8:00 AM	Carson Junior High Pool	\$60.00/\$72.00	15	64
Eligibility requirement - 11 & older swimmers must be able to swim 50 yards (2 laps continuous) using any stroke to join the swim team. Ask for participant handbook on first day.											
204401-12	9	10.99	06/01/2010	07/23/2010	MTuWTh	8:00 AM	9:00 AM	Carson Junior High Pool	\$60.00/\$72.00	15	64
Eligibility requirement - 10 & under swimmers must be able to swim 1 lap across the pool (25 yards) without assistance, using any stroke to join the swim team. Ask for participant handbook on first day.											
204401-13	5	8.99	06/01/2010	07/23/2010	MTuWTh	9:00 AM	9:50 AM	Carson Junior High Pool	\$60.00/\$72.00	15	64
Eligibility requirement - 10 & under swimmers must be able to swim one lap across the pool (25 yards) without assistance, using any stroke to join the swim team. Ask for participant handbook on first day.											

## 204420 - Carson Pool-Dive Team

Summer recreation dive team provides a fun environment for your child to learn and improve diving techniques, learn new dives, and socialize in a positive team setting. This interactive 6-8 week program offers 1 hour practices 4 days a week. A weekly competition among other City teams provides an opportunity for interaction with others and is a great event for the whole family. The season closes in tournament style with qualifying and league championship meets. These meets bring participants from all over the City together for a competition and awards are provided. Competitive Ruling: Any athlete participating in any USA sanctioned, YMCA, country club, or any other organized competitive program after March 31, 2010 will not be eligible for the 2010 City summer recreational team programs. If you have questions about participation please call Aimee Manis at 480-644-4950 or Sharon Webster at 480-644-4226. Between April 19 and May 12, 2010, registration for aquatic team membership will only be permitted to those families who reside in the MPS boundary for that Jr. High. Starting May 13, 2010 registration for aquatic teams will be open to anyone. On-site aquatic team registration will begin May 29 during public swimming hours at each facility. Full refund if cancellation made by 5pm on June 3, 50% refund if cancellation made by 5pm on June 10, After June 10 no refunds. Team suits are available and can be purchased at East Valley Sports located at 6306 E Main St 480-832-8172, or Ski Pro located at 1924 W. 8th St. 480-962-6910.

	<b>Ages</b>	<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>	
204420-11	6	17.99	06/01/2010	07/23/2010	MTuWTh	9:00 AM	10:00 AM	Carson Junior High Pool	\$60.00/\$72.00	15	30
Eligibility requirement - Participants must be at least 6 years old by June 1, 2010. Divers must be able to demonstrate efficient swimming skills in deep water, front and back diving skills and a 3 step hurdle.											

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## 204430 - Carson Pool-Synchro Team

Summer Synchronized swim team provides a fun environment for your child to learn and improve synchro figures, learn new skills, and participate in team routines. This interactive 6-8 week program offers 1 hour practices 4 days a week. A weekly competition among other City teams provides an opportunity for interaction with others and is a great event for the whole family. The season closes with routine qualifying and championship meets. These meets bring athletes from all over the City together for a competition and awards are provided. Competitive Ruling: Any athlete participating in any USA sanctioned, YMCA, country club, or any other organized synchronized swimming program after March 31, 2010 will not be eligible for the 2010 City summer recreational team programs. If you have questions about participation please call Aimee Manis at 480-644-4950 or Leah Ruane at 480-644-4226. Between April 19 and May 12, 2010, registration for aquatic team membership will only be permitted to those families who reside in the MPS boundary for that Jr. High. Starting May 13, 2010 registration for aquatic teams will be open to anyone. On-site aquatic team registration will begin May 29 during public swimming hours at each facility. Full refund if cancellation made by 5pm on June 3, 50% refund if cancellation made by 5pm on June 10, After June 10 no refunds. Team suits are available and can be purchased at East Valley Sports located at 6306 E Main St 480-832-8172, or Ski Pro located at 1924 W. 8th St. 480-962-6910.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
204430-11	11	17.99	06/01/2010	07/23/2010	MTuWTh	8:00 AM	9:00 AM	Carson Junior High Pool	\$60.00/\$72.00	15	25
Eligibility requirement - Participants must be at least 6 years old by June 1, 2010. Swimmers must be able to demonstrate efficient swimming skills in deep water, and must be able to swim one lap across the pool using any stroke.											
204430-12	6	10.99	06/01/2010	07/23/2010	MTuWTh	7:00 AM	8:00 AM	Carson Junior High Pool	\$60.00/\$72.00	15	25
Eligibility requirement - Participants must be at least 6 years old by June 1, 2010. Swimmers must be able to demonstrate efficient swimming skills in deep water, and must be able to swim one lap across the pool using any stroke.											

## 204440 - Carson-Water Polo Team

Summer recreation Water Polo team provides a fun environment for your child to learn the fast-paced and exciting game of water polo. This sport combines the strategies of basketball, hockey and soccer all in the cool pool. This interactive 7 week program offers 1 hour practices 3 days a week. A weekly scrimmage among other teams provides an opportunity for interaction with others and is a great event for the whole family. The season closes with a City wide tournament and awards are provided. Competitive Ruling: Any athlete participating in any USA sanctioned, YMCA, country club, or any other organized synchronized water polo program after March 31, 2010 will not be eligible for the 2010 City summer recreational team programs. If you have questions about participation please call Aimee Manis at 480-644-4950 or Lynn Adkins at 480-644-4226. Between April 19 and May 12, 2010, registration for aquatic team membership will only be permitted to those families who reside in the MPS boundary for that Jr. High. Starting May 13, 2010 registration for aquatic teams will be open to anyone. On-site aquatic team registration will begin May 29 during public swimming hours at each facility. Full refund if cancellation made by 5pm on June 3, 50% refund if cancellation made by 5pm on June 10, After June 10 no refunds. Team suits are available and can be purchased at East Valley Sports located at 6306 E Main St 480-832-8172, or Ski Pro located at 1924 W. 8th St. 480-962-6910.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
204440-11	10 Players must be able to swim	12:99 06/01/2010	07/23/2010 50 yards (two continuous laps)	MWF using any stroke, and demonstrate efficient swimming skills in deep water.	5:00 PM	6:00 PM	Carson Junior High Pool	\$60.00/\$72.00	12	20
204440-12	13 Players must be able to swim	15:99 06/01/2010	07/23/2010 50 yards (two continuous laps)	MWF using any stroke, and demonstrate efficient swimming skills in deep water.	6:00 PM	7:00 PM	Carson Junior High Pool	\$60.00/\$72.00	12	20